

Cocktails are fun, but what do you do when you don't want alcohol?

Zero-Proof Cocktails!

Zero-Proof Cocktails are a great way to celebrate without alcohol!

Try these ideas, check out the links for more recipes, or even better, try creating your own!



Simple Swaps

CUDDLES ON THE BEACH¹

- 3 oz. cranberry juice
 - 2 oz. grapefruit juice
 - 2 oz. peach nectar
 - 2 oz. lemon-lime soda/tonic/mineral water
- Directions: Mix and enjoy!

HURRICANE³

- 1 oz. orange juice
 - 1 oz. grapefruit juice
 - 6 oz. V-8 Tropical Blend
 - ½ oz. amaretto syrup
- Directions: Mix and enjoy!

¹mixthatdrink.com/cuddles-on-the-beach/
²mixthatdrink.com/mockmosa-non-alcoholic/
³mixthatdrink.com/hurricane-mocktail/
⁴mixthatdrink.com/nojito-cocktail-non-alcoholic/

MOCKMOSA²

- 2 parts orange juice
 - 3 parts dry sparkling white grape juice
- Directions: Mix and enjoy!

NOJITO⁴

- 12-14 small mint leaves or 6-8 large
 - 1 oz. fresh lime juice
 - ¾ tablespoon rum extract (non-alcoholic)
 - 2 tablespoons brown sugar
 - 4 oz. club soda or lemon-lime soda
- Directions: Muddle the leaves with the lime juice and brown sugar in a tall glass. Fill with ice cubes, add the rum extract and soda. Stir and garnish with more mint leaves.

Cocktails vs. Zero-Proof Cocktails



Are You The Designated Driver?

Pregnant Or Trying To Be?

Trying To Cut Back On Your Alcohol
Consumption?

Just Not That Into Drinking But
Want Something Other Than
Soda, Juice, Or Water?

TRY A ZERO-PROOF COCKTAIL!



Have fun without the risk!

FIND LOTS OF OTHER IDEAS AT
[mixthatdrink.com/28-mocktails-and-non-
alcoholic-drinks-to-love/](http://mixthatdrink.com/28-mocktails-and-non-alcoholic-drinks-to-love/)

AND

[www.townandcountrymag.com/leisure/drinks/
how-to/g785/best-mocktail-recipes/](http://www.townandcountrymag.com/leisure/drinks/how-to/g785/best-mocktail-recipes/)

Give these recipes a
try at your next party
or get-together!

CHRIS TUCKER'S LORRAINE

3 mint leaves
3 basil leaves
1 strawberry
5 blueberries
1 oz. agave nectar
1 oz. pineapple juice
2 oz. orange juice

Directions: Muddle the mint, basil, strawberry,
and blueberries. Add the nectar and juices.
Shake and double strain over ice.

SAN DIEGO SUNSHINE MOCKTAIL

3 oz. orange juice
½ oz. fresh lemon juice
½ oz. ginger syrup
½ oz. rosemary agave syrup

Directions: Shake together and top with Sprite®.
Garnish with a sprig of rosemary.

VIRGIN CUCUMBER GIMLET¹

1.5 oz. club soda
4-5 slices of muddled cucumber
1 oz. fresh lime juice
1 oz. simple syrup

Directions: Combine and shake with ice. Serve
over crushed ice and garnish with a slice of
cucumber.

¹[www.townandcountrymag.com/leisure/drinks/
how-to/g785/best-mocktail-recipes/?slide=28](http://www.townandcountrymag.com/leisure/drinks/how-to/g785/best-mocktail-recipes/?slide=28)



SPONSORED BY:



Pitt
Nursing

UC San Diego
HEALTH SCIENCES



UAA Center for Behavioral
Health Research & Services
UNIVERSITY OF ALASKA ANCHORAGE